

Whole Grains

... There are a **whole** lot of health benefits in **whole** grain foods!

Adding three servings of whole grain foods to your diet daily will provide a healthy source of energy and important vitamins and minerals. Whole grains in your diet can also help reduce your risk of heart disease, obesity, diabetes, cancer and stroke.

There are many ways to add delicious whole grains to your meals. Whole grain breads, ready-to-eat cereals, cooked oatmeal, popcorn, whole grain crackers, brown and wild rice, are all excellent sources of the whole grains you need in a healthy diet.

Getting 3 servings of whole grain products a day is easier than you think!

- Start your morning with a bowl of whole grain cereal or oatmeal.
- Choose whole grain bread, bagels, pita pockets, or rolls for your lunch.
- Enjoy popcorn, baked tortilla chips, or a brown rice cake for a snack.
- Choose whole grain pasta, or try a whole grain side dish such as pilaf or stuffing with your dinner.

When choosing foods, look for the words “whole grain” on the package.

** Remember that “multigrain”, “stone ground” and “100% wheat” DO NOT mean the same thing, and they don’t offer the same health benefits.

- Read the ingredient list on the package and make sure a “whole” grain is listed first.
- Whole grain foods are excellent sources of complex carbohydrates, which supply energy. They are low in fat, high in fiber, and contain no cholesterol.
- Whole grain foods taste good and are good for you. Add 3 servings of whole grain foods to your diet every day.

You will feel good doing what is good for you!